 

**New York State Masters Swimming Championship**

***April 4 - 5, 2020***

***Hosted by Metropolitan Masters Swimming at the Nassau County Aquatic Center***

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 060-S002***

**FACILITY** Ten (10) lane 25-yard pool. Swimmers will compete in ten (10) lanes; electronic timing system, wedge foot starting blocks and alpha scoreboard display. **NO DIVING** permitted during warm-up except in designated one-way sprint lane(s).

**ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. **A legible copy of your current 2020 USMS registration card MUST be included with fully executed meet entry form.**

**SCHEDULE** Warm-Up: Saturday: 8:00 AM (distance events) 9: AM Start; Events 5 thru 24: Warm-up: 12:00 PM Meet Starts: 1:00 PM. Sunday: Events 25 thru 44, Warm -up:10:00 AM, 11:AM start

**ENTRY TIMES** Enter **YARD** times for all events. Swimmers are permitted to enter a maximum of five (5) individual events per day

**EVENT SEEDING** Events will be contested in heats, slowest to fastest. All events will be pre-seeded except for the 400 IM and 500 Free, the1650 will be seeded fast to slow. Individual event heat sheets will be distributed prior to warm-up time and e-mailed to all entrants.

**AWARDS** Will be awarded for all 1st to 3rd place finishers in each category. Giveaways to all registered swimmers.

**ENTRY FEES** $40.00 meet entry fee and $5. Per event are NON-REFUNDABLE.

**ENTRY DEADLINE** On-line entry deadline, via Club Assistant, is midnight Eastern Time on Wednesday, April 1, 2020. Only OVETS entries acceptable online.

 <https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=12848>

*Paper/mailed* ***entries must be RECEIVED (not postmarked) by 6:00PM on Saturday March 28, 2020.*** *You are urged to mail your entry at LEAST five (5) business days before deadline and bring a COPY of your entry form with you to the meet. No telephone, fax, electronic or late entries will be accepted. Fill in all contact information to enable us to reach you if entry limit has been exceeded or to resolve a discrepancy. Entry problems that cannot be resolved prior to the entry deadline will be returned*.

**MAIL TO LMSC Treasurer 247 Adams Road Hewlett Harbor NY** **11557**

**QUESTIONS** Direct inquiries to Bob Kolonkowski rpk248@netzero.com

**DIRECTIONS From East & West on the North Shore:** Take the Grand Center Parkway/Northern State Parkway to Meadowbrook Parkway SOUTH to Exit M3 Stewart Avenue. Stay in LEFT exit ramp lane and then turn RIGHT at stop sign at end of exit ramp. Turn LEFT at first traffic light heading EAST on Stewart Avenue. At the end of Stewart Avenue, do NOT enter Eisenhower Park. Instead, turn RIGHT driving SOUTH on Merrick Avenue. First traffic light is Charles Lindbergh Boulevard. At SECOND traffic light, turn LEFT into pool parking lot #1A

**From East & West on the South Shore:** Take the Southern State Parkway to Meadowbrook Parkway NORTH to Exit M5 Hempstead Turnpike EAST. Immediately move over to LEFT turn lanes and turn LEFT at first traffic light. Drive NORTH on Merrick Avenue alongside Eisenhower Park. Pas the first parking lot and Safety Town. At second Park entrance (Aquatic Center sign is posted at entrance), turn RIGHT at traffic light into pool parking lot.

**Saturday & Sunday, April 4 - 5, 2020**

**SCY New York State Championship Masters Meet**

**INDIVIDUAL EVENT ENTRY FORM**

Enter YARD times for all events. You are permitted to enter a maximum of five (5) individual event per day. Please

print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy.

Include a legible copy of your 2020 USMS registration card and the $40.00 meet entry fee payment and $5. per events entered.

**Warm-up: 12:00 PM Meet Start: 1:00 PM**

 Saturday’s events Sunday’s events

**Event Entry Time Event Entry Time**

1. Mixed 1650 Y Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 25. 800 Mixed Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Mixed 400 Y IM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 26. Women 400 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Women 800 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 27. Men 400 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Men 800 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 28. Women 200 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Women 100 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 29. Men 200 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Men 100 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 30. Women 100 IM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Women 200 Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 31. Men 100 IM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Men 200 Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 32. Mixed 400 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Mixed 400 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 33. Mixed 200 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 10. Mixed 200 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 34. Women 50 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 11. Women 50 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 35. Men 50 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 12 Men 50 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 36. Women 100 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 13. Women 200 IM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 37. Men 100 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 14. Men 200 IM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 38. Women 50 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 15. Women 500 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 39. Men 50 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 16. Men 500 Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 40. Women 200 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 17. Women 100 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 41. Men 200 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 18. Men 100 Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 42. Women 100 Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 19. Women 200 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 43. Men 100 Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 20. Men 200 Breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 44. Women 400 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 21. Women 50 Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 45. Men 400 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 22. Men 50 Butterfy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 46. Women 200 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 23.Women 200 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 47. Men 200 Medley Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 24. Men 200 Free Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Paper entrys must be **RECEIVED** by **6:00PM on Saturday, March 28, 2020.** • Enclose a legible copy of your 2020 USMS registration card. Check or money order payable to **Metropolitan Swimming Mail to: LMSC Treasurer 247 Adams Road Hewlett Harbor NY** 11557

**LIABILITY RELEASE: “**I, undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUB HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_

PRINT NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GENDER (circle one) M F

DATE OF BIRTH \_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_ AGE \_\_\_\_\_\_ *(as of 4/5/20)* CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DAY TEL (\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EVE TEL (\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 EMAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

